



# INGRAM SCREENING, LLC

PERINATAL MENTAL HEALTH SCREENING SERVICES  
INGRAMSCREENING.COM

## PERINATAL PERIOD

The perinatal period is any time **during** pregnancy and the first 12 months after childbirth (postpartum.net).

## BUSINESS MODEL

Screening **support** for office, providers, and patients in one **comprehensive** package. Standardized PMAD screening customized for each clinic; **not** a pay-per-screen service.

## STANDARD TESTS

### PERINATAL-SPECIFIC

- ❖ Gestational Diabetes
- ❖ Preeclampsia
- ❖ Fetal monitoring
- ❖ Ultrasound
- ❖ Genetic Screening
- ❖ Amniocentesis
- ❖ Urinalysis
- ❖ **MENTAL HEALTH?**

## POSTPARTUM DEPRESSION – UMBRELLA TERM

The term ‘postpartum depression’ is often used to describe Perinatal Mood and Anxiety Disorders (**PMADs**) as a whole. In reality, there are **varying** types and degrees of perinatal issues in addition to depression including OCD, PTSD, **anxiety**, baby blues, psychosis, and bi-polar mood disorders.

## SCREENING

### MORE THAN A FORM ON A CLIPBOARD

The EPDS and PHQ-9 screening tools are intended for **assessment** and **conversation** during the perinatal period making the screening process an interactive and crucial part in PMAD **identification** and **prevention**.

### OREGON LANDSCAPE

Screening is not mandatory in Oregon, though it is recommended. Roughly **46,000** women give birth in Oregon each year (oregon.gov).

## OUR SERVICES - CONSULTATION

**FREE** initial office visit, customized screening policy & procedures manual, scope of work, **state-specific** resource binder, coding & referral help, in-person screening, provider/staff training, and much more! Options range from stand-alone packages, to **virtual options**, to on-site direct services. You **choose** what’s best for your office and what works within your budget.



INGRAMCONSULTING\_LYNN@YAHOO.COM



@INGRAMSCREENING



503-888-6489



LYNNMCFARLAND



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## CURRENT STATISTICS – A PUBLIC HEALTH CRISIS

- ❖ 4 million women give birth in the United States each year.
- ❖ 560,000 (14%) of those women suffer from perinatal mood and anxiety disorders.
- ❖ Of those 560,000 sufferers, only 112,000 (20%) receive treatment.
- ❖ That leaves 448,000 (80%) women each year **unidentified and untreated** each year (theconversation.com).

## INNOVATION – A NEW APPROACH

Ingram Screening's **three-pronged** approach of providing office, provider, and patient support all in one service is redefining PMAD screening. Any clinic working with families during the **perinatal** period (OB/GYN, pediatrics, family practice, county health clinics etc.) can **implement** this screening model. This is the first of its kind to offer a PMAD screening-specific model of care for all involved parties. Integrated, innovative, and **saving lives**.

## SUGGESTED SCREENING INTERVALS

First prenatal visit

At least once in the second trimester

At least once in the third trimester

**In the hospital before discharge/or after home birth**

Six-week postpartum obstetrical visit (or first postpartum visit)

Repeated screening at 6 and/or 12 months in OB and primary care settings

2, 4, 6 month or 3, 6, 9 month pediatric visits (or sooner)

## THE 4 'CS' OF INGRAM SCREENING

1. **C**ommitment by the office to **invest** in screening.
2. **C**oncern on the part of the provider that screening is a **necessary** perinatal test.
3. **C**onversation with the patient regarding screening as an assessment tool and **bridge** to help.
4. **C**heck-in by Ingram Screening for the office, providers, and patients.

## DSM-5 & ICD-10 BILLING CODES

The Diagnostic and Statistical Manual of Mental Disorders 5<sup>th</sup> edition (**DSM-5**) is published by the American Psychiatric Association (APA). The International Classification of Diseases (**ICD-10**) codes by the World Health Organization (WHO) are published in the DSM-5 and contain more than **68,000 codes**, some pertaining to PMAD diagnosis.